



# Client Impact Stories

## 2025-26



Links2Wellbeing social prescribing participants report increased mental and physical health as well as strengthened connections to their communities.

Whether engaging once a month, once a week, or daily, the benefits of social prescriptions are evident!

### Here are some of their voices...

"Prior to participating in the program, I did not engage in any leisure opportunities for myself. My mom lived with me and I looked after her and my husband at the same time.... I was a slug after my husband died. I was very burnt out. My mom and husband died within a year of each other...

The group feels like my extended family. Gives me a reason to get out of bed and leave my house. Brings me JOY! Gives me an opportunity to use my sense of humour!"

"My lifestyle is greatly impacted by the SALC. I can drive my own car. I can stay in my own house. I love the socializing. I am able to keep my hobbies and maintain my sense of accomplishment."





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“Coming here has changed my whole life. I went from being lonely and sad and scared to happy and joyous and healthier - mentally and physically! ...

It helped me be a more positive person and more... I don't know if 'mature' is the right word, but more open socially and comfortable in my own skin... I feel like I'm finally becoming who I was meant to be.”

“I am more active and healthy now after attending programs in person exclusive for men. Gradually managing stress, interested to talk to people, make friends, moving around...”

“You know it can be quite depressing and sad to be at home isolating oneself. Getting out does help me stop feeling sorry for myself.”

This change is significant to me as I feel mentally well, able to socialize with people, feel stress-free, better mood and sleep.”

“It makes me feel more comfortable in social situations to attempt to converse with strangers.”





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"Since I have joined... I am getting better gradually, feel happy and [am] able to manage stress. Before I was much emotional and always thought negatively; now I can manage my negative thinking and emotions...

[It] gives me the opportunity to join the Spanish speaking group, where I can share my thoughts, feelings, and experiences with others; it encourages me to socialize and make friends. I am more energetic and able to manage stress."

"I was a very quiet person and stayed by myself but now I am slowly becoming part of the group and making friends. There is always someone to talk to."

"The... community is so giving and helpful from the 'hello' at the front counter, to the courses given to the varied activities... the entire staff supports and goes out of their way to create a special gathering place for all, young and old.

The social aspect of the Centre has boosted spirits and created community in so many, much-needed ways. It is such a positive BOOST."

"I have felt a sense of community. I have found new friends. It is an atmosphere that I feel comfortable in expressing myself (I have aphasia). Physically, my total body strength is improved."





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"Before my stroke, I was walking a minimum of 5 km/day. My stroke and MS had limited me. I was determined to walk again and here I am able to do this again.

With my limitations I often felt isolated and alone. By attending the sessions we find camaraderie while having fun with exercise. This helps to diminish depression and isolation."



"I was home by myself 24/7. I only went to church across the street and would come right back home - by myself again, and well... I'm not by myself anymore!! (laughing). And that has helped me with the depression so much. I'm more open now and brave.... I'm not one to jump into something but coming here... you're family."

"After my stroke, I was almost confined at home, scared to go outside due to my ill health, language barrier, and lack of confidence; my children were worried about my health too.

Now I am able to attend different programs, socialize with many people, [feel] more energetic and confident with better mood and sleep. My children are happy with my improved health."

"Despite [my] osteoarthritis, I feel stronger... thanks to the L2W subsidy, I started joining more recreational activities... I have been taking violin lessons - something I have always wanted to try.

Saying it has seriously changed my life is an understatement."

